

Recipes

By
Delaware

FULL MEAL RECIPE FEATURING CHICKEN-LEG STIR-FRY

SALAD

Sesame-cucumber salad

Ingredients

- 2 cucumbers, thinly sliced
- 1 tablespoon rice vinegar
- 1 teaspoon sesame oil
- 1 teaspoon soy sauce
- 1 teaspoon honey
- 1 teaspoon sesame seeds
- 1 scallion, thinly sliced

Preparation Whisk together the vinegar, sesame oil, soy sauce, and honey. Toss with the cucumbers and scallion, then chill for 10 minutes.

Presentation Arrange in a small serving bowl and sprinkle with sesame seeds.

Entrée: Chicken-leg stir-fry

Ingredients

- 1½ pounds boneless, skinless chicken legs, cut into bite-size pieces
- 2 tablespoons neutral cooking oil, divided
- 1 red bell pepper, sliced
- 1 cup broccoli florets
- 1 carrot, thinly sliced
- 2 scallions, sliced
- 2 garlic cloves, minced
- 1 teaspoon grated fresh ginger
- ¼ cup soy sauce
- 2 tablespoons water
- 1 tablespoon honey
- 1 teaspoon cornstarch mixed with 1 tablespoon cold water
- Cooked rice, for serving
- Sesame seeds, for garnish

Preparation

1. Whisk the soy sauce, water, honey, and cornstarch mixture together.
2. Heat 1 tablespoon oil in a large skillet or wok over medium-high heat. Cook the chicken in batches until browned and cooked through, stirring often. Check that the thickest pieces reach **165°F (74°C)**. Transfer to a plate.
3. Add the remaining oil, then stir-fry the bell pepper, broccoli, and carrot for 3–5 minutes, until crisp-tender.
4. Add the garlic and ginger; cook for 30 seconds. Return the chicken to the pan, pour in the sauce, and stir until glossy and thickened. Fold in the scallions.

Presentation Serve over rice in warm bowls. Garnish with sesame seeds and extra scallions.

Side dish 1: Ginger-garlic rice

Ingredients

- 1 cup jasmine rice
- 1½ cups water
- 1 teaspoon grated ginger
- 1 small garlic clove, minced
- Pinch of salt

Preparation Rinse the rice. Combine with water, ginger, garlic, and salt in a saucepan. Bring to a boil, cover, and simmer on low until tender, following the rice package's timing. Let stand covered for 5 minutes, then fluff.

Presentation Spoon into a serving bowl and garnish with sliced scallion.

Side dish 2: Quick sesame green beans

Ingredients

- 12 ounces green beans, trimmed
- 1 teaspoon neutral oil
- 1 teaspoon soy sauce
- 1 teaspoon sesame seeds

Preparation Heat the oil in a skillet over medium-high heat. Stir-fry the green beans for 5–7 minutes, until tender-crisp. Add soy sauce and toss to coat.

Presentation Transfer to a platter and sprinkle with sesame seeds.

Dessert: Mango with lime and mint

Ingredients

- 2 ripe mangoes, peeled and diced
- Juice of ½ lime
- 1 tablespoon chopped fresh mint

Preparation Toss the mango gently with lime juice and mint. Chill briefly before serving.

Presentation Serve in small dessert bowls, with a little extra mint on top.

Wine pairing

Ethero Albariño White Wine — Its bright, refreshing character pairs nicely with the savory soy-ginger sauce and complements the chicken and crisp vegetables without overwhelming their flavors.